

# WARREN COUNTY 4-H NEWSLETTER

Cooperative Extension Service Warren County 5162 Russellville Road Bowling Green, KY 42101 (270) 842-1681 www.warrencountyextension.com

Office Hours: Monday-Friday 8:00 a.m. to 4:30 p.m. (With the exception of Holidays)

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## DECEMBER 2024 - JANUARY 2025



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## YAIP APPLICATIONS DUE FEBRUARY 14TH

Is your child interested in starting or continuing an agriculture project? Would they like some financial help with this project? If so, check out YAIP (Youth Agriculture Incentives Program). This is a 50-50 cost share project. The Warren County 4-H Council is an administrator of the YAIP program sponsored by the Kentucky Agricultural Development Fund. This year's funding will be \$30,000 and spread equally to all Warren County youth applicants (9 years old up through high school age). Applicants can receive up to \$1500 depending on the number of applicants.

Plan to attend the YAIP Informational Meeting on Tuesday, January 14 at 6 p.m. at the Warren County Extension Office. This meeting will explain everything you need to know to apply for and carry out your project plus funding requirements.

Guidelines and applications can be found at the following website: <a href="https://www.warrencountyextension.com/general-6-1">https://www.warrencountyextension.com/general-6-1</a>

APPLICATIONS MUST BE RECEIVED BY FEBRUARY 14 by 3 pm at the Extension Office.

Janet is the contact agent for YAIP.

## AREA TEEN LOCK-IN

Mark your calendars for the upcoming teen lock-in on January 31-February 1st (7 p.m.- 12 a.m.) at the CORE in Scottsville, KY. This teen lock-in was tons of fun last year. 4-H youth, ages 12-18, can participate. Activities include swimming, volleyball, gaga ball, basketball, fellowship, pizza and more! Adult volunteers are needed for chaperones.

The cost is \$20 and includes 5 hours of fun, dinner and snacks. The registration deadline is January 17. Make checks payable to Warren County 4-H Council.

Julie is the contact agent for Teen Lock-In.

The Warren Co. 4-H Newsletter is brought to you by your County Extension Agent for 4-H Youth Development

Janet Jurley

Janet Turley

Julieh Braun

Julie Brown

#### Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Lexington, KY 40506

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.





### **AREA TEEN COUNCIL**

Teen's 8th grade and up are invited to participate in the Mammoth Cave Area 4-H Teen Council. The next meeting will be on Monday, January 13 at the Barren County Extension Office at 5:00 p.m. Following the business meeting will be a service-learning lesson. Teens are asked to bring 2-3 items for the Barren County Food Pantry. Suggestions include canned food, instant items, birthday cake kits. Text or email Janet if you are interested in going and if you need a ride.

Janet is contact agent for Area 4-H Teen Council.



### LIVESTOCK SKILLATHON



The State 4-H Livestock Skillathon Contest will be Saturday, February 15 at the LD Brown Exposition Center in Bowling Green, KY. All livestock club members are encouraged to participate. The contest will include identification of breeds,

meat cuts, livestock feeds, and equipment. Judging classes will include meat and hay. There will also be a quality assurance problem. Contest information can be found at the following website: <a href="https://afs.ca.uky.edu/4h-youth/meat-animal/livestock-skillathon">https://afs.ca.uky.edu/4h-youth/meat-animal/livestock-skillathon</a>. We will have several practice sessions to prepare for this contest.

If interested in competing, sign up at the Extension Office, 270-842-1681, or at your livestock club meeting no later than January 21. The cost is \$25/person.

Janet is the contact agent for State 4-H Livestock Skillathon Contest.

### **4-H CAREER SHADOWING PROJECT**

Still thinking about what you want to be when you grow up? If so, take advantage of the 4-H Career Shadowing Project. Now is the time to start the 4-H Careers Project. This is a short-term project for youth in the 5th-12th grade. Youth must complete a project book according to grade level and turn in the completed project book February 3, 2025. Project books can be picked up at the office. All youth will be required to attend a career shadowing orientation on February 18th at 6 p.m. at the Extension Office. Shadowing dates will be March 6, 10, and 18. 4-H members will get to shadow on one of these dates. Any youth 5th grade and up is eligible to participate in the 4-H Careers Project.

If you have questions, contact Julie at 270-842-1681 or julie.brown@uky.edu

Julie is the contact agent for Career Shadowing Program.



#### CAREER SHADOWING HOSTS NEEDED

Workforce preparation is the buzz word for making sure students are career ready when they graduate from high school. The Warren County 4-H program coordinates a shadowing program in which students are matched up with a career host for one day. More hosts are needed to reach our expanding audience for those who complete the career project guidelines. If you would like to volunteer to host a child (5th grade and higher) for one day or more on the following dates: March 6, 10, or 18th, please contact Julie Brown. All hosts must be screened and complete the youth protection application process.

Potential hosts should contact Julie Brown by January 31st.

Julie is the contact agent for the careers project.



The WCEO will be closed Monday, January 20th in Observance of Martin Luther King Jr. Day.

#### WRITTEN COMMUNICATION CONTEST

The written communication contest is open to all 4-H members.

*The categories included are:* 

- Infographic
- Songwriting
- Poetry (3 line minimum and 25 line maximum)
- "What 4-H Means to Me" Essay (minimum 500 words)
- Original Monologue
- Press Release (maximum of 1,000 words)
- Public Service Announcement



#### Some rules to follow are:

- Each writing piece must be original. If there is a question, the participant will be disqualified. A statement of authenticity must be completed and attached to entry.
- All entries are to be on 8" x 11" paper, with the entrant's class, name, and county on a cover page and last name typed on every page. (See sample cover page). Please include scoring guide, and statement of authenticity at the back of the piece.
- Formatting requirements for entries: Use Calibri or Times New Roman font, set the font size to 12, and ensure the text is double-spaced (except for song and infographic entries).
- Songs: single-space the text within verses, choruses, and bridges; double-spaced between each verse, chorus, and bridge. This will help keep the song section clear and easy to read.
- Infographics: see Infographics Information and Rules Section: Templates from website are permitted; should be clear & not blurry; submitted as PDF or JPG file.
- For more information on how to write Songwriting, Poetry, Press Release, Public Service, and Monologue contact Julie.
- Also, you will need to contact Julie to get a copy of the cover letter, scoresheet, and statement of authenticity that will need to be submitted with your materials.

All entries must be submitted by Friday, January 24th. If you have any questions, please contact Julie at the extension office.

Julie serves as contact for the 4-H written communication contest.

## PRACTICE YOUR COMMUNICATION SKILLS

Great communication skills take work and effort. And thankfully, the 4-H program gives members an opportunity to improve this important life skill. A workshop outlining the 4-H Speech and Demonstration Contest as well as mock interview and written communications contest will be on Monday, March 17 at 6 p.m. at the Extension Office. Pre-register for this workshop by March 10. Also mark your calendar for the County Communication Contest on Tuesday, April 15<sup>th</sup> at 6:30 p.m. at the Warren County Extension Office.

Janet is the contact agent for talk meet and Julie is the contact agent for demonstration contest, mock interview, and written communications.

#### **4-H CAPITOL EXPERIENCE**

Warren County 4-H members will travel to the Capitol on Tuesday, February 4th. During Capitol Experience youth will tour the Capitol, meet with legislators, visit committee meetings, and tour other historical landmarks. If you are interested in attending the Capitol Experience, please RSVP by January 24th to the Warren County Extension Office. Parents are welcome to attend to help

with transportation. If you have questions, call Julie at (270) 842-1681.

Julie is contact agent for 4-H Capitol Experience.



### LEADERSHIP MEETINGS

Below is a list of Leadership Meetings scheduled. All meetings are held at the Warren County Extension Office unless noted!

**Area 4-H Teen Council**- January 13 (Barren County), March 10 (Warren County), 5:00 p.m.



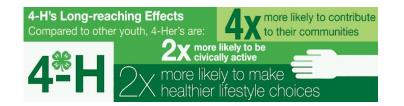
**4-H Council Meeting-** January 23 and March 27, 6 p.m.

District Board Meeting – January 21 and March 25th,

**County Extension Council Meeting** – March 25th, 12:00 p.m.

John Swack Board - February 5th

**Mammoth Cave 4-H Foundation** – March 24th



#### **CLUB OFFICER TRAINING**

The training was very well attended! Over 50 club officers showed up in October to learn about their new officer roles. They learned about parliamentary procedure and how a club meeting is run. They also learned about their specific role as one of the following club officers: President, Vice President, Secretary, Treasurer, Reporter, Recreation Leader, and Sergeant of Arms. Also, thank you to Maggie Drake, State 4-H Secretary, for greeting our new officers. Thank you to Anna Sweets & Andrea Higdon for helping with the training as well.

Julie & Janet serve as contact agents for club officer training.



#### AREA ACHIEVEMENT BANQUET

Warren County shined at the recent Mammoth Cave Area 4-H Achievement Banquet on December 16th. Congratulations to Christopher Sweets for receiving Walter Sexton Outstanding Teen Award and Jessica Steele for receiving the Walter Sexton Outstanding Leader Award.

Warren County had 52 youth recognized for their accomplishments on the area, state, and national level and 18 teen and adult volunteers recognized for Kentucky Volunteer Forum Awards. Congratulations to all of these 4-H members and volunteers!



## SHOOTING SPORTS REQUIRED SAFETY MEETINGS COMING UP!



Safety is our #1 goal while conducting the 4-H shooting sports program. ALL YOUTH must attend one safety training each year to be eligible to join the 4-H Shooting Sports Club. Three safety trainings have been set, participants and a parent need to attend just one. The dates are February 24, March 11, April 21 at 6 p.m. at the Extension Office.

Youth who complete one safety training will be invited to attend a mock range at the extension office on April 28. Contact Darrel Sweets, wc4hss@gmail.com to get signed up on an email distribution list announcing upcoming dates.

Janet is the contact agent for the 4-H Shooting Sports Program.

## AG TAG PROGRAM

A great big THANK YOU goes out to all Warren County farmers who contributed a \$10 donation to the Ag Tag Program last March when they renewed their license plate tags. Warren County brought in the most donations of the entire state of KY. The money collected is split three ways between 4-H, FFA and KY Proud. The Warren County 4-H Council uses their monies for leadership programs like Teen Conference and 4-H Summit. A special thank you to the Warren County Court Clerk's Office, Lynette Yates and staff for supporting this worthwhile program.



#### **4-H SUMMIT**

Join Kentucky 4-H at the 2025 4-H Summit, a leadership conference just for 6th-8th grade students! The event will be on March 20-21 at the Lake Cumberland 4-H Camp in Jabez, KY. Teens and tweens will attend with their county delegation and get to participate in activities like Leadership Workshops, Community Service Projects and so much more! The cost to attend (which includes a 4-H Council scholarship) is \$175 per person. Limited spots are available. The registration deadline is January 24th. More information is available on the Warren County Extension website or can be pick-up at the Warren County Extension Office.

Julie serves as contact for 4-H Summit.

#### WINTER CANCELLATION POLICY

The Warren County 4-H Program follows the same schedule as the Warren County School System. If school is cancelled for the day due to inclement weather, all 4-H events and activities for that day and night



conducted under the direction of your Extension Agents for 4-H Youth Development will be cancelled. Our best advice for you is, if you are in doubt, contact our office at (270) 842-1681 or your volunteer leader before risking injury due to traveling in unsafe conditions.

## **CHRISTMAS PARADE**

Congratulations to the following clubs who prepared parade entries to promote 4-H and their clubs: The Horse Club participated in the Bowling Green Christmas Parade and received the Judge Executives Award. Cloverbud and Top Dog 4-H Clubs participated in the Woodburn Christmas Parade. The Cloverbud Club received 2<sup>nd</sup> place in the float division. All of these clubs did an excellent job! Check out their pictures:



Top Dog & Cloverbud Clubs



Horse Club

# CHRISTOPHER SWEETS NATIONAL TURKEY BBQ WINNER!



Four teens from Warren County competed at the National 4-H Poultry Contests held in Louisville, KY in November. All teens did EGG-CELLENT! Christopher Sweets competed in the National 4-H Turkey

BBQ Contest. He had to cook ground turkey on a charcoal grill and give a presentation. He won 1st place! Jace Coles competed in the National 4-H Poultry Judging Contest. His team placed fifth in the Market Egg Division and was 8th overall team! Neal Brown and Piper Hosay competed in the National Avian Bowl Contest. They had to answer quick-recall questions on the poultry industry. They placed 8th overall! Congratulations to all! Special thanks to 4-H Poultry Club Leader, Julie Sweets, who coached all four teens!

Janet is the contact agent for Avian Bowl and Poultry Judging. Julie is contact agent for Turkey BBQ.

#### MARK YOUR CALENDAR!



#### **January**

MCA 4-H Teen Council: 1/13 @ 5pm WCEO Closed for MLK Day: 1/20 Area Teen Lock-In: 1/31-2/1

#### **February**

Capitol Experience: 2/4

YAIP Applications DUE: 2/14

State Livestock Skillathon Contest: 2/15 Career Shadowing Orientation: 2/18 @ 6pm Shooting Sports Safety Meeting: 2/24 @ 6pm

#### March

Career Shadowing: 3/6, 3/10, 3/18 Shooting Sports Safety Meeting: 3/11 @ 6pm 4-H Communications Workshop: 3/17 @ 6pm

4-H Summit: 3/20-3/21

#### **April**

Co. Communications Contest: 4/15 @ 6:30pm Shooting Sports Safety Meeting: 4/21 @ 6pm 4-H Horse Camp: 4/25-4/27

#### **CLOVERBUD CAMP**

Mark your calendars for June 20-22 for 4-H Cloverbud Camp at West Kentucky 4-H Camp in Dawson Springs, KY. 4-H Cloverbud Camp is open to all 5–8-year-old with an accompanying adult. At Cloverbud Camp, campers will participate in classes like canoeing, fishing, nature, arts, cooking, swimming, and many other activities. Watch for upcoming e-mails on the price but the deadline to register will be May 9th.

Julie is the contact agent for Cloverbud Camp.

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#### T-SHIRT ADVERTISEMENT

If you are interested in purchasing a 4-H t-shirt, please let Julie or Janet know. Sizes range from YL-3XL.



# BASIC BUDGET BITES: CANNED AND FROZEN FRUITS & VEGGIES



During the winter months, fresh fruits and veggies are often harder to find, pricier, and not as flavorful. Frozen and canned choices are often cheaper and more flavorful

since they are picked at peak ripeness. Research has found that canned fruits and vegetables are just as healthy as fresh options.

One study found that canned fruits and vegetables can stretch food budgets. Canned foods cost up to 50% less than frozen and 20% less than fresh. Canned foods are also less likely to be wasted.

Whether it's fresh, canned, or frozen, be sure to have fruits and veggies in most of your meals.

Source: Adapted from

https://winnebago.extension.wisc.edu/2018/12/26/canned

-fruits-and-vegetables-are-a-good-choice

#### 4-H CAMP: JUNE 29-JULY 3

Summer vacation is never complete without 4-H Camp and this year we get to go much earlier. Our dates are June 29-July 3, we will not leave until after 2:00 p.m. on the 29th. The camp is in Dawson Springs at the West Kentucky 4-H Camp. It is for 9–15-year-olds. There are teen chaperone opportunities for 16–17-year-olds as well as adults 18 and up.

Why 4-H Camp? Here are ten reasons to go: 1) It's an accredited camp with the American Camping Association, 2) FUN FUN FUN!, 3) Lots of recreation- indoor and outdoor, 4) Air-Conditioned Cabins, 5) Friends- new and old, 6) Safe Environment, 7) Learn Responsibility, 8) Learn new skills, 9) Snow Cones and Popcorn, 10) Swim every day.

Applications will be available on March 1st, with an early bird fee of \$335 until April 15th and then registration will go do \$350. Last day to register for camp is May 16th. Both Julie and Janet are contact agents for 4-H Camp. Please ask us if you have any questions.





#### CAMP JEKYLL ISLAND

## Camp Jekyll

Come spend your Spring Break with 4-H at Camp Jekyll, GA. This will be a great trip for any 6th-12th grader that enjoys the beach, ecology and hanging out with friends. The cost is \$335 for Warren Co. youth with the 1st payment due on January 21st of \$100. Spots are limited. Have questions, please contact Julie Brown at 270-842-1681 or julie.brown@uky.edu.

Space is still available.



#### Join Mammoth Cave Area as we explore





**April 8–12, 2025** 

#### Cost: \$335

(includes charter bus, lodging , camp stay, meals, classes & t-shirt)

\*will have to pay for 3 meals, souvenirs & stop at Buc-ee's

• \$100 due January 6th

(this holds your hotel rooms & spots)

- \$100 due February 6th
- \$135 due March 6th

#### **Classes Will Include:**

- Beach Ecology
- Maritime Forest Ecology
- Salt Marsh Ecology
- Herpetology
- Slough Study
- Shark Dissection
- Salt Water Fishing
- Night Walk on Beach
- Campfire
- Sand Sculpting



for grades
6th–12th

SPACE IS LIMITED: 10 YOUTH & 1 ADULT

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